COOKERY SERVICE NOTES No. 70

Recipes approved by the Ministry of Food

NOVEMBER, 1945

HOME FRONT COOKERY ADVICE

VICTORY CHRISTMAS

CHRISTMAS PUDDINGS
NUTMEG SAUCE
BOXING DAY CAKE
VANILLA SHORTBREAD CAKE
DOUBLE-DECKER FRUIT SANDWICH

Accompaniments to serve with Christmas Roasts:—

Stuffings: APPLE STUFFING
CHESTNUT STUFFING
CHESTNUT AND SAUSAGE STUFFING
FORCEMEAT OR FORCEMEAT BALLS
HARE OR RABBIT STUFFING
HERB AND BREADCRUMB STUFFING
SAGE AND ONION STUFFING

Sauces: APPLE SAUCE
BREAD SAUCE
BROWN SAUCE
HORSERADISH SAUCE
ONION SAUCE

Gravy: THIN AND THICK

This is our first peace-time Christmas for six years and there will be many happy family reunions. We shall not have to worry about black-out or air-raid warnings, but we shall still have to plan our food rations and we hope our recipes will help you to make this Victory Christmas a really gay one.

This month's leaflet, and some of those published previously, together provide recipes for a variety of Cakes, Puddings and Christmas fare and give a choice for using your supplies to the best advantage. If therefore, you have not copies already, send also for the following:—

Cookery Notes No. 66 for Icings and Party Cakes
Cookery Notes No. 62 for Jelly recipes
Cookery Notes No. 59 for Trifle and home-made Cream
Cookery Notes No. 58 for Biscuit recipes
Cookery Notes No. 48 for Mincemeat and economical Christmas Puddings

N.B.—The next issue of Cookery Service Notes (No. 71) will be published in January, 1946.

Here are two recipes for Christmas Puddings. Both are economical in margarine and sugar, but you will probably have to save up some dried fruit to make No. 1. Recipes more economical in dried fruit were given in Cookery Notes No. 48.

CHRISTMAS PUDDING No. 1

3 ozs. margarine, or chopped or shredded suet
8 ozs. dates or 6 ozs. and 2 ozs. currants if available
12 ozs. sultanas 3 ozs. raisins
2 ozs. home-preserved orange and lemon peel or grated rind of 2 oranges or 2 tablespoonsful marmalade
3 tablespoonsful sugar 6 ozs. self-raising flour
2 ozs. fresh breadcrumbs (4 heaped tablespoonsful)
1 reconstituted dried egg 2 heaped teaspoonsful mixed spice
1 heaped teaspoonful each of grated nutmeg and ground cinnamon
2 tablespoonsful golden syrup or treacle ¼ teaspoonful salt
⅜ pint (12 tablespoonsful) milk, water, cider or beer

Clean the fruit, stone the raisins and chop the dates and peel finely. Sieve the flour, salt and spices together, add the breadcrumbs, fruit, peel and sugar, and mix. Melt the margarine and the syrup together and add with the milk or water to the dry ingredients. (If shredded or chopped suet is used, add dry to the other ingredients before adding the milk and syrup.) Stir well together, cover and leave overnight. Then add the reconstituted egg, again stir well, put into a large greased pudding basin (or two small ones), cover with greased paper and a pudding cloth, and steam for 4 hours. When the pudding is cold, remove pudding cloth and paper and re-cover with clean dry greaseproof and another pudding cloth; this helps the pudding to keep well. Store in a dry place. Before serving, steam again for 2 hours.

(Makes 1 large or 2 small puddings—12-14 portions)

NOTE: Half the quantity will be sufficient for a small family.

CHRISTMAS PUDDING No. 2

3 ozs. margarine ½ lb. sultanas
½ lb. raisins or 4 ozs. raisins and 4 ozs. currants if available
2 ozs. home-preserved mixed peel or grated rind of 2 oranges or 2 tablespoonsful marmalade ¼ teaspoonful salt
3 tablespoonsful sugar 1 tablespoonful syrup
2 ozs. fresh breadcrumbs (4 heaped tablespoonsful)
6 ozs. self-raising flour 2 heaped teaspoonsful mixed spice
1 heaped teaspoonful each of grated nutmeg and ground cinnamon
⅜ pint (12 tablespoonsful) milk, water, cider or beer

Make as for No. 1, omitting egg.

(Makes 1 large pudding—8-10 portions)

NUTMEG SAUCE (to serve with Christmas Pudding)

½ pint water 1-2 level tablespoonsful sugar
1 level tablespoonful cornflour or arrowroot or 2 level tablespoonsful flour
A few drops lemon flavouring or 2 tablespoonsful lemon squash
½ teaspoonful grated nutmeg or more according to taste

Mix the cornflour, arrowroot or flour with the sugar and blend to a smooth cream with a little of the water. Bring the remainder of the water to the boil and pour gradually over the cornflour, etc., stirring all the time. (If flour is used, stir very carefully to avoid lumps.) Return to the saucepan and cook for 3 minutes longer, stirring continuously. Remove from the heat and add the flavouring, tasting until the right degree is obtained. Stir in the nutmeg, again tasting for strength of flavouring, boil up again and serve.

BOXING DAY CAKE

½ lb. sultanas (or 4 ozs. sultanas and 4 ozs. raisins)
1 level teaspoonful each of mixed spice, nutmeg and cinnamon
1 level teaspoonful bicarbonate of soda ¼ teaspoonful salt
½ lb. self-raising flour 3 tablespoonsful sugar
2 ozs. margarine ⅜ pint (12 tablespoonsful) water

Sieve the flour, bicarbonate of soda, salt and spices together and rub in the margarine. Place the fruit, sugar and water in a saucepan and bring

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to the boil. Simmer for 5 minutes, cool until lukewarm, add to the flour, etc., and *stir well*. Place in a cake tin lined with greaseproof paper and brushed with melted margarine, smooth the top level with the blade of a knife, and bake for 1¼ hours in a moderate oven (Regulo Mark 4). (Sufficient for 8-10 portions)

VANILLA SHORTBREAD CAKE

½ lb. self-raising flour
3 ozs. margarine
3 tablespoonsful sugar
½ reconstituted dried egg
¼ teaspoonful salt
½ teaspoonful vanilla essence

Cream the margarine and sugar together and beat in the egg and vanilla. Sieve the flour and salt together and fold into the mixture. Turn out on to a floured board, knead lightly and roll into a round that will fit a medium-sized sandwich tin. Grease the tin, put in the round of dough, flute the edges by pressing lightly down all round the edge with the thumb at ½-inch intervals, prick all over with a fork, mark into triangular portions with the back of a knife, and bake for 30-35 minutes in a fairly hot oven (Regulo Mark 6). (Sufficient for 6-8 portions)

DOUBLE-DECKER FRUIT SANDWICH

½ lb. self-raising flour
3 ozs. margarine
¼ teaspoonful salt
Water to mix
1 lb. bottled plums, damsons or apples
2 tablespoonsful sugar

Sieve the flour and salt together and rub in the margarine. Mix with the water to a very stiff dough. Roll into a ball, divide into two equal portions and roll each out thinly into a round that will fit a fairly large sandwich tin or flan ring. Grease the tin well and line with one round of the pastry. Drain the plums and, if not already stoned, cut each plum in half and stone. Arrange half the plums on the pastry in the sandwich tin, leaving a margin all round of about ½-inch. Sprinkle the plums with half the sugar, brush round the edge of the pastry with water and place on top the other round of pastry. Press the edges of the bottom and top layers of pastry together to seal. Brush all round again with water and press strips of the pastry trimmings all round the edge to prevent any of the juice escaping. With the remainder of the plums which have been cut in half, arrange a large round on top of the pastry, placing the inside surface of each plum upwards and scoring it across a few times with a knife, if possible. Sprinkle with the remainder of the sugar and bake for 45 minutes in a hot oven (Regulo Mark 7). Serve either hot or cold. (It is particularly good cold.)
(Sufficient for 8 good portions)

ACCOMPANIMENTS TO SERVE WITH CHRISTMAS ROASTS

Turkey: Chestnut or Chesnut and Sausage Stuffing.
Forcemeat or Sausage Meat. Bread Sauce. Thin Gravy.

Chicken: Serve with Baked Sausages. Bread Sauce.
Forcemeat or Herb and Breadcrumb Stuffing. Thin Gravy.

Goose: Apple Stuffing or Sage and Onion Stuffing.
Apple Sauce. Thick Gravy.

Duck: Sage and Onion or Apple Stuffing.
Apple Sauce. Thick Gravy.

Hare and Rabbit: Roast Hare or Rabbit Stuffing.
Forcemeat Balls. Brown Sauce.

Beef: Horseradish Sauce. Yorkshire Pudding. Thin Gravy.

Mutton: Onion Sauce. Thin Gravy.

Pork: Apple Sauce. Thick Gravy
Also Sage and Onion Stuffing if liked.

Veal: Serve with boiled bacon or ham if available.
Forcemeat Stuffing or balls. Thick Gravy.

Turkey: CHESTNUT STUFFING (if chestnuts available)

2 lbs. chestnuts — ½ pint water or stock — Pepper and salt
1 oz. margarine — ¼ teaspoonful sugar

Remove the outer peel of the chestnuts, cover with cold water and bring to boil. Drain off the water and peel off the remaining skin. Put the chestnuts in a pan and just cover with the stock. Simmer gently until soft. Rub through a sieve and mix with the melted margarine, and sugar, adding pepper and salt to taste.

CHESTNUT AND SAUSAGE STUFFING

Mix 1 lb. cooked, sieved chestnuts (see above) with 1 lb. uncooked sausage meat, 2 teasponsful thyme and seasoning to taste.

FORCEMEAT

2 lbs. breadcrumbs — 8 level teaspoonsful dried herbs
2 ozs. melted margarine or chopped suet — Milk to mix
8 level tablespoonsful chopped parsley — Salt and pepper

Mix all the dry ingredients together and bind with the milk. Season to taste.

Directions for stuffing: Place the Chestnut Stuffing in the neck end of the turkey and stuff the tail end with 2 lbs. sausage meat or with the Forcemeat. Quantities are for a large turkey. If chestnuts unobtainable, use Forcemeat only, or sausage meat one end and Forcemeat the other.

BREAD SAUCE

2 ozs. (4 heaped tablespoonsful) fresh breadcrumbs. — ½ pint milk
1 medium-sized onion — 2 cloves — Salt and pepper

Stick the cloves in the onion and simmer in the milk for 15 minutes. Remove the onion and cloves. Put the breadcrumbs into a basin. Pour the milk over, stirring carefully. Add pepper and salt and let it stand for 5 minutes. Transfer the sauce back to the saucepan to reheat, but do not let the mixture boil again.

THIN GRAVY

To make stock, wash the giblets, cover with cold water and simmer for 1-2 hours. When cooked, remove the bird from the meat tin, pour off all the fat leaving only the concentrated juices at the bottom. Stir in 2 level dessertspoonsful flour and cook over a low heat until brown, stirring all the time. Add 1 pint stock from the giblets, making up with potato water if necessary, and stir until boiling. Boil for 3 minutes.

Chicken: Forcemeat (see recipe for Turkey, using one-eighth quantities) is the correct stuffing for chicken, but a simplified mixture is often used, omitting the parsley, as follows:

HERB AND BREADCRUMB STUFFING

4 ozs. (8 heaped tablespoonsful) breadcrumbs
1 oz. margarine — Salt and pepper
4 level teaspoonsful mixed dried herbs
1 reconstituted dried egg or milk to mix

Put the breadcrumbs and herbs in a basin; add pepper and salt to taste. Melt the margarine and pour over. Add the reconstituted egg or a little milk to bind and stir well. The mixture should be fairly stiff.

Goose: APPLE STUFFING

2 lbs. cooking apples (bottled or fresh) — Water
1 oz. margarine — ¼ teaspoonful nutmeg
1 tablespoonful sugar — 8 tablespoonsful breadcrumbs

Peel, core and slice the apples and place in a pan with just enough water to keep them from burning (if bottled apples are used, add some of the juice from the bottle). Add the margarine and cook until the apples are soft. Stir in the sugar, nutmeg and breadcrumbs and use.

SAGE AND ONION STUFFING

2 lbs. onions — 8 level teaspoonsful dried sage
½ lb. breadcrumbs (16 heaped tablespoonsful) — Salt and pepper
1 reconstituted dried egg or milk to bind, if necessary

Peel the onions, cut into quarters and drop into boiling salted water. Boil for 15 minutes, drain, chop and mix with the breadcrumbs and sage. Pour in the egg or milk to bind the ingredients together. Add only a little at a time, as the water in the onions helps to moisten the mixture, which should be fairly stiff. Season to taste.

APPLE SAUCE

1 lb. apples — 1-2 tablespoonsful sugar
1 oz. margarine (optional) — A little water

Peel, core and slice the apples and cook with the margarine and just sufficient water to prevent burning. Add the sugar and mash well. To make really smooth, press through a sieve or strainer.

THICK GRAVY

As for Thin Gravy, but stir in 2 level tablespoonsful flour instead of 2 dessertspoonsful.

Duck: Stuff with Sage and Onion or Apple Stuffing, using half the quantity for Roast Goose. Serve with Apple Sauce and Thick Gravy.

Hare and Rabbit:

STUFFING

8 ozs. (16 heaped tablespoonsful) breadcrumbs
1 tablespoonful chopped parsley (optional) — 2-3 ozs. fat bacon
The liver of the hare or rabbit — 1 shallot
1 reconstituted dried egg or milk to bind — Salt and pepper
1 teaspoonful each of thyme and marjoram chopped finely or 2 teaspoonsful mixed herbs

Pour boiling water over the liver and leave to stand for 2 minutes. Mince or chop very finely with the bacon. Chop the shallot and mix with all the other ingredients, using just enough liquid to bind. Season to taste. Fill the hare or rabbit and sew up with cotton so that the stuffing does not escape.

NOTE: Use half quantities for a small rabbit.

FORCEMEAT BALLS

Follow recipe for Forcemeat, using quarter quantities. Make into balls, roll in flour and roast with the hare or rabbit.

BROWN SAUCE

2 sticks celery or ½ teaspoonful celery seeds tied in muslin
1 pint stock or water in which giblets were cooked
1 tablespoonful tomato or mushroom ketchup or sauce
1 bunch herbs or 1 teaspoonful mixed dried herbs tied in muslin
1 oz. margarine — 1 blade of mace — ½ turnip
1 tablespoonful flour — 1 carrot — 10 peppercorns
2 cloves — 1 onion — Salt

Melt the margarine in a saucepan and add the onion, chopped finely. Stir until brown, then sprinkle in the flour and brown also. Add the stock gradually, stir until boiling. Add the remainder of the vegetables, peeled and sliced, and the herbs, ketchup and seasoning. Simmer for ½ hour, remove the muslin bag of herbs and strain. Re-heat before serving.

Roast Beef: In normal times jars of ready-made Horseradish Sauce can be purchased. To make the sauce from the horseradish root, here is a simplified recipe:

HORSERADISH SAUCE

2 tablespoonsful grated horseradish — 1 teaspoonful sugar
3 tablespoonsful vinegar (white, if possible)
3 level tablespoonsful household milk powder
⅛ pint (4 tablespoonsful) warm water

Place the warm water into a bowl, sprinkle in the milk powder and beat in with a fork. Add the sugar, vinegar and grated horseradish and mix well.

Mutton:

ONION SAUCE

1 large onion (or more according to taste) — ½ pint milk
1 tablespoonful flour — 1 oz. margarine — Salt and pepper

Cook the onion until soft in boiling water (about 20 minutes). Melt the margarine in a saucepan, add the flour, and cook until it bubbles, stirring all the time. Add the milk and stir until boiling. Chop the cooked onion and add. Simmer for 2 or 3 minutes longer, stirring continuously. Season and serve.

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Pork: Sage and Onion Stuffing (see recipe for Goose) is also served with roast pork. Make up the mixture, place it in a corner of the baking tin and bake it at the same time as the pork, basting it with the fat occasionally.

Veal: Joints which are rolled, like boned breast or shoulder of veal, should be stuffed with forcemeat, putting it in the centre and rolling the meat around the stuffing and then tying the round with string. Veal joints which are not rolled should be served with Baked Forcemeat Balls (see instructions for Roast Hare or Rabbit).

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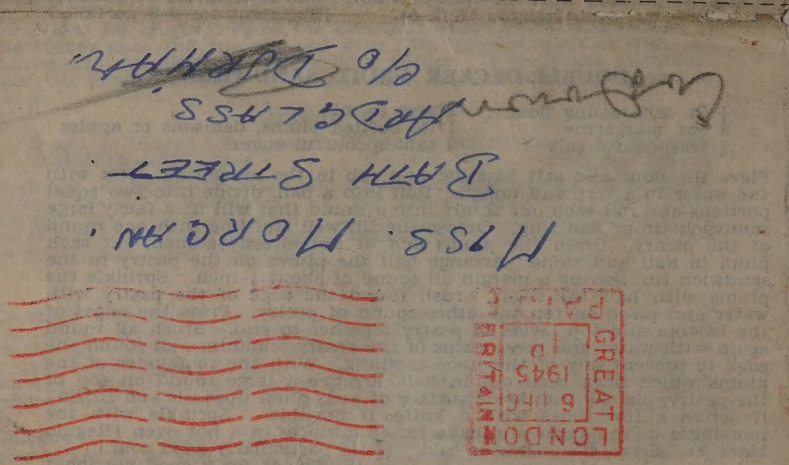

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